



CERT All-Member Monthly Newsletter

AUGUST 2014

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The CERT monthly newsletter is available on our webpage at:

<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

Extreme Heat - What To Know

www.ready.gov

CERT IS
WHAT
YOU
MAKE IT!

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Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

Before Extreme Heat

To prepare for extreme heat, you should:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Consider getting trained in first aid to learn how to treat heat-related emergencies.



From the Desk of the Director

I hope everyone is having a nice summer. As you have been seeing, we have had many calls for outreach regarding CERT, which is great for our program. I would like to thank all of you for your participation, we have been reviewing all the requests to ensure we can get the most out of our time.

I would like to thank all who have turned out for the recent events such as the Jones Beach Air Show, LI Marathon etc.

We have just finished with the Long Beach Basic Class. We have had a full house and thanks to all have helped out and Mike for a great job along with his other instructors.

Please keep following your emails as we are looking for new training opportunities for all the members and I would ask for your feedback, as well as training you would like to see for our members.

We have moved to a larger warehouse for OEM of which I am setting up a Mini EOC for CERT only. I am going to be extending a invitation for all to attend a visit to our new space in the coming weeks. I would ask for all to attend as there is much work to do and team input is important.

We are into Hurricane Season so please make sure all your home preparations are ready so if the “big storm” comes we are all ready. Also please take your knowledge to your neighborhoods as well and ensure all our families, friends and neighbors are prepared as well so if we need you for any activations we are all prepared and ready and most of all safe.

Take care, enjoy the rest of the summer.....



Jim Kane

Tuesday, August 19th -

Moulage Training 7:00 pm - 9:00 pm

Moulage is the art of creating simulated wounds.

Join us at this hands-on training where you will learn the art of simulating burns, cuts, bruises and more. We use these skills at the annual exercise as well as other events where realistic looking victims are needed.

If you have already taken this class, please consider taking it again to hone your skills and practice getting faster (sometimes we have a LOT of victims to make-up in a short time)

Wear clothes that you won't mind if they get stained. Usually stains do not occur - but you never know. *Most* of the makeup comes out in the wash.

Safety-

Do NOT take this class if you are allergic or have a sensitivity to latex.



AUGUST 2014 - Upcoming Events

AUGUST 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5 National Night Out	6	7 RACES Mtng 7 pm	8	9 Health Expo
10	11	12	13 Team Member Training for Drill 7pm	14	15	16
17	18	19 Moulage Class 7 -9 pm	20 Evaluator Training for Drill 7pm	21 Combined Mtng 7 pm	22	23
24 31	25	26	27	28	29	30

National Night Out—Outreach Events— Tuesday Aug 5th 6 -9 pm.

Glen Cove—Contact Dave Nieri to Sign Up
Uniondale—Contact Main Office to Sign Up

RACES/Comms Meeting - Thurs Aug 7th

OEM Lecture Hall
Time: 7:00 pm (1900)

Mission Request & Outreach—Sat. Aug 9th

Health Expo—Mitchel Field Complex
Uniondale NY
Mission: 8:30 am-2pm
Outreach: 10am -2pm
Contact the office to sign up for either event.

Team Member Training - For Field Exercise Wed August 13th

OEM Lecture Hall
Time: 7pm (1900)
RSVP to the Office if attending

Moulage Training Class - Tues Aug 19th

OEM Lecture Hall
Time: 7pm (1900)
RSVP to the Office if attending

Evaluator Training - For Field Exercise Wed August 20th

OEM Lecture Hall
Time: 7pm (1900)

Combined Exercise Planning/Division Leaders Meeting - Thurs Aug 21st

OEM Lecture Hall
Time: 7:00 pm (1900)



SEPTEMBER 2014 - Upcoming Events

SEPTEMBER 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 LABOR DAY	2	3 Division 1 Meeting 7:30 pm	4 RACES Mtng 7 pm	5	6
7	8 Division 2 Meeting 7pm	9	10 Planning Mtng 7 pm	11	12	13 Outreach: Rockville Centre
14	15 Recognition Dinner	16	17	18 NO Division Leaders Mtng	19	20 Outreach: New Hyde Park
21 FIELD EXERCISE MERRICK	22	23	24 Rosh Hashanah	25 Rosh Hashanah	26 Rosh Hashanah	27
28	29	30 Division 3 Meeting 7 pm				

Division 1 Meeting - Wed Sept 3rd

OEM Lecture Hall
Time: 7:30 pm (1930)

Contact Bill Pavone if attending

RACES/Comms Meeting - Thurs Sept 4th

OEM Lecture Hall
Time: 7:00 pm (1900)

Division 2 Meeting - Mon Sept 8th

Temple Beth Shalom
390 Broadway, Lawrence NY
Time: 7:00 pm (1900)

Contact Marlyn Press if attending

Combined Exercise Planning/Division Ldrs Meeting - Wed Sept 10th

OEM Lecture Hall
Time: 7:00 pm (1900)

Outreach - Rockville Centre - Sat Sept 13th

Kids Fest Celebration
Time: 12 -4 pm (1200-1600)
John A. Anderson Rec Center
111 N Oceanside Rd, Rockville Centre NY
Contact the Main Office to Volunteer

Recognition Dinner - Mon Sept 15th

CERT Volunteer Awards Dinner -
By Invitation only

Outreach - New Hyde Park Sat Sept 20th

Jericho Tpk between NHP Rd & Lakeville Rd
Exact Location TBD.
Time: 10am -3:30 (1000-1530)
Contact the Main Office to Volunteer

Annual Field Exercise: Merrick Sun. Sept 21st

4 Towns Fireman's Training Center
1650 Merrick Rd, Merrick NY
Time: 8am - 1pm (0800-1300)

RSVP a MUST to attend

Division 3 Meeting - Tues Sept 30th

Glen Cove FD
Time: 7:00 pm (1900)

Contact Dave Nieri if attending



Characteristics of the Incident Command System: Part 4
Understanding the Responsibilities of the Planning Section Chief (PSC)
Command and Control Series
Courtesy of U.S. Fire Administration

The PSC is a member of the General Staff and is responsible for the collection, evaluation, dissemination and use of information about the development of the incident and the status of resources. The PSC is responsible for facilitating the planning process and ensuring the safety and welfare of all Planning Section personnel.

Current information is needed to understand the current situation, predict the probable course of incident events, and prepare alternative strategies and control operations for the incident.

- Collect and process situational information about the incident.
- Supervise preparation of the Incident Action Plan (IAP).
- Provide input to the Incident Commander and Operations Section Chief in preparing the IAP.
- Reassign out-of-service personnel already on-site to Incident Command System organizational positions as appropriate.
- Establish information requirements and reporting schedules.
- Determine the need for any specialized equipment.
- Assemble and disassemble Strike Teams and Task Forces not assigned to Operations.
- Establish special information collection activities as necessary.
- Provide periodic predictions on the incident potential.
- Report any significant changes in the incident status.
- Compile and display incident status information.
- Oversee preparation and implementation of Incident Demobilization Plan.
- Incorporate plans (e.g., Traffic, Medical, Communications, Site Safety, etc.) into the IAP.

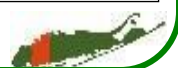
The PSC is responsible for leading the Planning Meeting.

For additional information regarding the PSC's responsibilities, the U.S. Fire Administration/
National Fire Academy Field Operations Guide can be accessed at <http://feti.lsu.edu/municipal/>

CONGRATULATIONS!

We are happy to announce the membership of 23 new CERT's who participated in our Long Beach Basic Training which graduated on July 31st.

Make sure to welcome them at your meetings and trainings!



Goodbye & Good Luck

Division 1 member Kelley Torres has moved on to warmer climates in South Carolina. We wish her and her family the best of luck in this new adventure.

"I want to say what an honor it has been to be a Nassau County CERT. I am truly touched by the open arms with which I was so graciously received. You are a great group of people with big hearts. Much continued success in your educational efforts and stay safe when activated. Thanks for the memories." KT



May 2014 - One of our local Girl Scout troops came to OEM and spent a Saturday learning some basic disaster preparedness information, what to pack in a Go-Bag, got some hands on training with our fire extinguishing Bullex system, met with a couple of AmeriCorp volunteers and even our own County Legislator Rose Walker. It was a full day for the girls who will be sharing all they learned as part of their Silver Awards project. Proves that you are never too young to learn and have an impact.

Port Washington was blessed with a beautiful summer day for its HarborFest 2014 on the Town Dock. CERT outreach, on the first day of the 2014 Hurricane Season, included this booth set up within sight of Manhasset Bay.

Thirteen Division 3 members took turns staffing the booth throughout the day. Pictured here, L to R are Carol Anne Loiodice, Hank Wrobel, Dan Mariano and Immeke Grimme.

Photo by David James



Our Long Beach Basic Training class started off with a bang, with over 30 registrants participating in each of the first 3 sessions, including Legislator Denise Ford of Long Beach. We are looking forward to having our largest graduating class in over a year, and keeping the momentum going for our next session in the fall. Keep spreading the word about CERT!



WE  VE
OUR VOLUNTEERS



Eight financial safeguards if disaster strikes.

Excerpted from Yahoo! Homes

<https://homes.yahoo.com/news/eight-financial-safeguards-if-disaster-strikes-205010437.html>

As a CERT, we would expect that you have your water, your flashlights, your "go-bag" of emergency supplies, BUT are you financially ready for a natural disaster?

If you need to evacuate, file an insurance claim or apply for an SBA disaster loan (they're for homeowners and renters, not just businesses), organizing important financial papers ahead of time will mean far less stress. Even better, you'll be able to take advantage of these financial safety nets more quickly.

Here are preparatory steps that disaster-planning, financial and insurance experts advise.

1. Know exactly what your home or renter's insurance covers.

- Go over the fine print of your policy, discussing various scenarios.
- For instance: Would your evacuation expenses be covered? Do you get replacement cost for damaged possessions or just their depreciated value?

2. Create and keep an up-to-date written and photographic inventory of your home and possessions.

(This was discussed in depth in our February newsletter, which is available on our website)

- In the aftermath of a disaster, it may be hard to accurately recall all the contents of your home. An inventory will make the claims process a lot smoother and get you a fairer settlement. If you need to claim tax losses, it will serve as backup.

3. Practice the Backup 3-2-1 Rule.

- For all your critical financial and legal documents and records, make *three copies*, in *two different formats* (for example, DVD and hard-drive or remote server) and keep *one copy off-site*. With recent disasters affecting whole regions, you may want to keep a backup disk some distance away, which can be as simple as sending it to a trusted relative in another state.

4. Protect original documents by placing them in a bank safe deposit box.

- Consider one, again, that is a distance away in case the bank is as underwater as your home. If you prefer to keep documents at home, make sure they're in a safe that is waterproof and fireproof up to a temperature of 1,700 degrees, advises *Disaster and Financial Planning: A Guide for Preparedness*, distributed by the Red Cross.
- Keep the safe locked at all times and tell a person you trust the combination or where you keep the key.

(See the original article online for a full listing of needed documents to safe proof).

5. Put certain essential records in a second portable waterproof/fireproof bag or box – your financial go-bag.

- Store the bag in a convenient, easy to access, place where you can grab it as you leave in an emergency. Consider including copies of all the documents you have in your safe deposit box. Think of records you'll need to make an insurance claim or apply for an SBA disaster loan. For instance, you may need to document your disposable income or show proof of ownership or residence.

(See the original article online for a full listing of needed documents to have in your financial go-bag).

6. Put enough cash in your financial go-bag for three days' expenses for your family.

- ATMs often don't work after a disaster, or banks may be closed if power is out. Include a roll of quarters (cell phones may not be reliable either). Even if ATMs are back online, you may not have access to your mail to receive checks, or postal service may be disrupted. Consider going to direct deposit if that is an option.

7. Add a letter of intent to your financial go-bag in case you're not there to help your family through a disaster.

- It's not a legal document, but if you are seriously injured or worse, the instructions and information it contains will be very helpful to your family. Include where important documents are located; the names and phone numbers of your legal and financial advisers and your employer; passwords for online accounts; a financial inventory to explain what income, investments or insurance proceeds they can expect to receive and which expenses will come due.

8. Be alert to scammers – natural disasters bring them out.

- Be prepared to protect your personal information and finances in a disaster's aftermath. Among the scams the Federal Trade Commission alerts consumers to are: people masquerading as safety inspectors to case your house and obtain personal information; scam artists asking for fees to help you claim FEMA funds (FEMA never charges fees); and utility and repair people asking for cash or full payment for repair services before they've been performed. Just because your property is damaged, it doesn't mean your good judgment can't stay intact.



Extreme Heat...continued from page 1

During...

What you should do if the weather is extremely hot:

- Listen to [NOAA Weather Radio](#) for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease are on fluid-restricted diets or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Avoid extreme temperature changes.
- Check on your animals frequently to ensure that they are not suffering from the heat. Go to a designated public shelter if your home loses power during periods of extreme heat. Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).

Know the Lingo

Heat Wave - Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke - Another term for heat stroke.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).



Find additional information on how to plan and prepare for extreme heat and learn about available resources by visiting the following websites:

- Federal Emergency Management Agency - www.fema.gov
- NOAA Office of Climate, Water, and Weather Services - <http://www.nws.noaa.gov/os/heat/index.shtml>
- American Red Cross - <http://www.redcross.org/news/article/Stay-Safe-during-Extreme-Heat>
- Center For Disease Control and Prevention - <http://www.bt.cdc.gov/disasters/extremeheat/>
- *Heat Wave: A Major Summer Killer*. An outline brochure describing the heat index, heat disorders and heat wave safety tips. Available online at: www.nws.noaa.gov/om/brochures/heat_wave.htm.
- NOAA Weather Radio All Hazards - <http://www.nws.noaa.gov/nwr/>
- OSHA - Preventing Heat Illness in Outdoor Workers - <https://www.osha.gov/SLTC/heatillness/index.html>
- UV Alert Forecast Map - http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_alert.shtml

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Division 4

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Division 5 - Campus CERT

Division Supervisor -
Stephanie Gobbo
Stephanie.Gobbo@liu.edu

*Deadline for submission of articles,
photos and news for the next
CERT Newsletter is :
August 25th.*



NEXT CERT BASIC COURSE



**THE NEXT CERT BASIC COURSE FOR 2014 WILL TAKE PLACE ON THE CAMPUS OF
CW POST IN BROOKVILLE ON:**

9/30/, 10/7, 10/14, 10/21, 10/28 & 11/5

SIGN UPS ARE ONGOING—CALL THE OFFICE WITH ANY QUESTIONS.

*(Current CERT Members may attend any class as a refresher,
check the website for session topics and exact location)*

<http://www.nassaucountyny.gov/agencies/oem/cc/cert/>





You are invited to the
1st Annual Nassau County CERT Rodeo
Sunday, September 21, 2014
4 Towns Fireman Training Center

1650 Merrick Rd, Merrick NY 11566

MAP: <https://goo.gl/maps/OiuCC>

Check-in begins 0730

Exercise: 0800 to 1300

Lunch and snacks will be provided

**CERT members must come fully-equipped and dressed appropriately
or you will not be allowed to participate!**

**Please RSVP to the Nassau County CERT Coordinator
by Monday, September 8th.**

Pre-Registration is MANDATORY

oemcert@nassaucountyny.gov

You will compete against teams from surrounding CERT programs in a series of competitions using skills learned in the CERT Basic Training class. There will be a pre-drill training opportunity on Wednesday, August 13th. Here you will refresh all your skills, and learn what will be expected of teams at this drill, plus you will have a chance to start forming your team then as well.

This exercise will include:

- Damage Assessment • Search & Rescue • Triage
- Cribbing • CERT within ICS • Team Building And More...

NO WALK-INS ACCEPTED